

Corn & Black Bean Salad

Submitted by Maryann Crockett

Ingredients:

1 Can low sodium canned corn, rinsed and drained
1 Can low sodium Bushes black beans, rinsed and drained
1/2 cup green pepper, chopped
1/2 cup red pepper, chopped
1/2 cup onion, chopped
3 tablespoons cilantro, chopped
3 tablespoons Italian Dressing (or to taste)

Directions:

Rinse and drain one can of black beans and one can of sweet corn. Chop red and green peppers and onions -- about the same size as the beans. Chop cilantro - pretty finely. Add all ingredients together and sprinkle 3 tablespoons (or to taste) of Italian Dressing (I use olive oil and apple cider vinegar with a packet of Good Seasons Italian mix).

Serving Size: Makes approximately 10 1/2 cup servings

Amount Per Serving		
Calories		68.9
Total Fat		1.3 g
Cholesterol		0 mg
Sodium		170.2 mg
Total Carbohydrate		13.6 g
	Dietary Fiber	2.7 g
Protein		3 g